

Health,
fitness and
wellbeing

Name.....

Health Fitness and Well being

Key terms

Health:

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Fitness:

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Well being:

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.....

Sedentary:

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.....
.....

Explain what constitutes being healthy – think about bad habits, diet, stress etc

Well-being relates to a mental state of being contented, happy prosperous and healthy

Benefits of physical activity and consequences of inactivity

Factor (physical)	Benefit	Consequence of inactivity
Injury		
CHD (Heart Disease)		
Blood pressure		
Bone density		
Obesity		

Type 2 diabetes		
Posture		
Fitness		
Factor (emotional)	Benefit	Consequence of inactivity
Self-esteem/confidence		
Stress management		
Image		

Factor (emotional)	Benefit	Consequence of inactivity
Friendship		
Belonging to a group		
Loneliness		

Which of the above is more dependent on age? Use one from each section

Diet and Nutrition

Balanced diet – taking in the right amount or level of energy that the body needs in its expenditure of energy. In other words, you need to have the energy output balancing the energy input

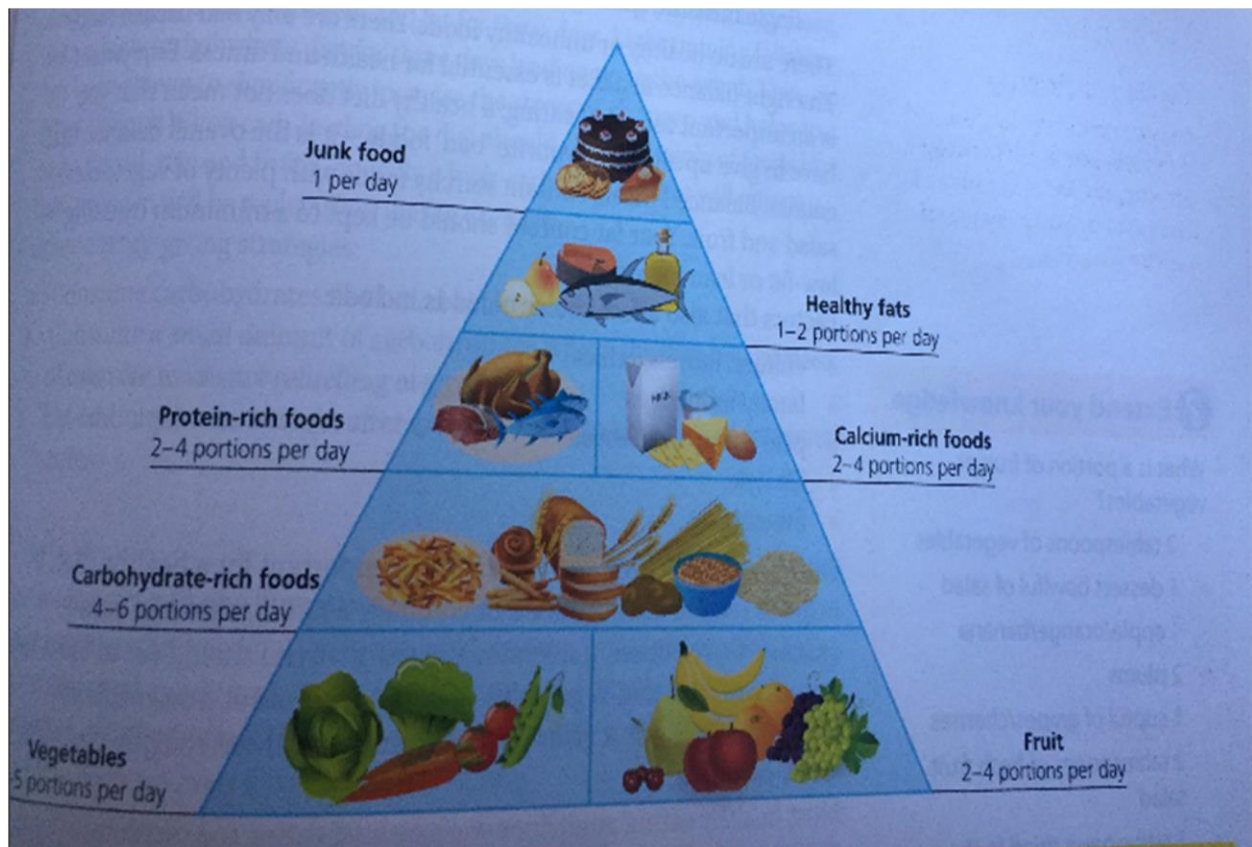
A balanced diet is based on –

- Starchy foods, such as.....
- Plenty of F..... and V.....
- Some rich foods such as meat, fish and lentils
- Some milk and D..... foods
- Not too much fat, salt or sugar

Complete the table

Nutrient	Found in?	Why is it useful
C..... Simple Complex		
P		
F Saturated Unsaturated		
M		Iron Calcium
V		
F		
W		

Composition of a healthy diet



Why are fluids so important in a diet when you exercise? Think about what to drink and quantity should be drunk

A large, empty rounded rectangular box with a green border, intended for a student's response to the question above.

Factors to consider with sports performers and nutrition

Sports performers, especially at the top level, have certain aspects to their lifestyles that should be considered when planning nutritional intake:

- timing of meals to fit around training and events
- ensuring that there is balance in the diet
- ensuring adequate fluid intake
- ensuring adequate iron intake
- diet should be suitable for very high workload, depending on the activity
- psychological well-being – if an athlete is unhappy with the diet, then even if physiologically beneficial, it could negatively affect performance because of psychological pressure
- there should be a sharing of ideas between coach/dietician and performer to agree the best strategy, depending on an individual's needs and perceptions
- obsession with food is common with high-performance athletes and should be avoided.